Self-Quarantine/School Absence Policy

** subject to change **

Last Updated 1/19/2022

It is strongly recommended that all adults in the BNS community (including household members), and all eligible children, become fully vaccinated (which means receiving a booster for those who are eligible). Adults and children who are not vaccinated may be required to follow different policies with regard to their involvement and participation at BNS.

Given the existing and ongoing multiple layers of risk mitigation already in place at BNS, the high BNS vaccination rate (>95% among students and 100% among teachers), and with the additional layers of precautions being added as described below, BNS is adopting the CDC’s updated Guidelines for K-12 schools (see below).

The most notable differences from our previous isolation policies are that we are adopting shorter isolation periods for vaccinated symptomatic individuals (5 days, provided symptoms improve) and the removal of isolation periods for exposed vaccinated individuals (provided symptoms do not appear) and with the following additional measures:

1. Families and teachers should continue to remain vigilant outside BNS and continue to report symptoms, illness, and exposures by emailing the school’s COVID contacts using the email: COVID@new-school.org;
2. Students and teachers returning from isolation or quarantine will be required to wear a well-fitting multilayer mask. BNS will make masks available if needed;
3. Students and teachers who are returning from a COVID positive infection will have an increased physical distance from their peers while eating; and
4. We still recommend PCR testing when testing is indicated (as it is the GOLD STANDARD test currently).

Rest assured that every BNS COVID Scenario / Exposure will be reviewed (as they have been over the past year) and additional measures will be implemented. These are GUIDELINES and should not be interpreted as absolute. They can also change at any time given new data or change in the prevailing COVID situation.

- Regardless of vaccination status, individuals will not be allowed to return to until symptoms have begun to improve. Individuals must also be fever free for 24 hours without the use of fever-reducing medication.
- If a vaccinated student cannot isolate from a sick parent or sibling, they will required to isolate for 5 days (with day 1 being the first full day after your initial contact with the COVID positive person).
# CDC’s updated Guidelines for K-12 schools

## When to Stay Home

### Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

### IF YOU Were exposed to COVID-19 and are **NOT** up-to-date on COVID-19 vaccinations

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarantine for at least 5 days</td>
<td>Stay home and <strong>quarantine</strong> for at least 5 full days.</td>
</tr>
<tr>
<td>Wear a mask</td>
<td>Wear a well-fitted mask if you must be around others in your home.</td>
</tr>
<tr>
<td>Get tested</td>
<td>Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</td>
</tr>
</tbody>
</table>

### After quarantine

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear a mask</td>
<td>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</td>
</tr>
<tr>
<td>Avoid travel</td>
<td>Avoid being around people who are at high risk</td>
</tr>
</tbody>
</table>

### IF YOU Were exposed to COVID-19 and are **up-to-date** with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>No quarantine</td>
<td>You do not need to stay home unless you develop symptoms.</td>
</tr>
<tr>
<td>Get tested</td>
<td>Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</td>
</tr>
</tbody>
</table>

### Watch for symptoms

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Wear a mask</td>
<td>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</td>
</tr>
<tr>
<td>Avoid travel</td>
<td>Avoid being around people who are at high risk</td>
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</tbody>
</table>

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If Someone Becomes Sick at School

The BNS plan for an individual (student, teacher, aide, or TRO) who becomes symptomatic while at school, we will follow the guidance in this infographic, which is summarized below.

- Move symptomatic individual(s) to the conference room next to the front door or outside area if available.
- Ensure symptomatic individual remains masked (as able if no respiratory difficulties)
- Teacher (or support individual) should wear mask, face shield, gown, and gloves.
- If breathing medication such as albuterol is required, only inhaler with spacer should be utilized. (Nebulizers are considered an aerosol-generating procedure).
- Increase ventilation as able in the conference room by opening windows or other available strategies. (Adjoining doors should be closed).
- Symptomatic individual should leave the school as quickly as possible (e.g. home with parent or emergency services).
- Clean surfaces that the symptomatic individual touched in their classroom/throughout
the school.

- School COVID contacts, Molly Lucier or TJ Stone or the Board President (Kiyah Duffey) will email symptomatic individual’s classroom of possible exposure to an ill individual.
- Recommendation for all members of the household to leave the school to minimize possible infections.
- A negative PCR test will be required to return to school.

**Symptomatic is defined as** you, your child, or member of your household or immediate caregiving circle experiencing the following:

- A fever (100.4°F or higher); OR
- Any of the following that cannot be attributed to another health condition; OR
  - A new cough; OR
  - New shortness of breath or difficulty breathing; OR
  - New chills or sudden feelings of cold with shivering accompanied by a rise in temperature; OR
  - A new sore throat; OR
  - New muscle aches (not related to recent physical exercise or activity); OR
  - New olfactory (smell) or taste changes, including loss of taste or smell
- Have you administered an agent such as acetaminophen (Tylenol) or ibuprofen (Advil) to your child to reduce fever or suspected fever?